

## APPENDIX C

### CACFP MEAL PATTERN REQUIREMENTS - BIRTH THROUGH 11 MONTHS

The infant meal pattern shall contain, as a minimum, each of the following components in the amounts indicated for the specific age group.

The minimum quantity of food shall be provided to the infant, but may be served during a span of time consistent with the infant's eating habits.

#### Infant Meal Pattern

Birth Through 3 Months	4 Through 7 Months	8 Through 11 Months
<b>BREAKFAST</b>		
4 - 6 fl. oz. Formula <sup>1</sup> or breast milk <sup>5,6</sup>	4 - 8 fl. oz. formula <sup>1</sup> or breast milk <sup>5,6</sup>	6 - 8 fl. oz. formula <sup>1</sup> or breast milk <sup>5,6</sup>
	0 - 3 T. infant cereal <sup>2</sup> (optional)	2 - 4 T. infant cereal <sup>2</sup>
		1 - 4 T. fruit and/or vegetable
<b>LUNCH OR SUPPER</b>		
4 - 6 fl. oz. formula <sup>1</sup> or breast milk <sup>5,6</sup>	4 - 8 fl. oz. formula <sup>1</sup> or breast milk <sup>5,6</sup>	6 - 8 fl. oz. formula <sup>1</sup> or breast milk <sup>5,6</sup>
	0 - 3 T. infant cereal <sup>2</sup> (optional)	2 - 4 T. infant cereal <sup>2</sup> and/or
	0 - 3 T. fruit and/or vegetable (optional)	1 - 4 T. meat, fish, poultry, egg yolk, or cooked dry beans or peas, or
		1/2-2 oz. cheese or 1-4 oz. cottage cheese, cheese food, or cheese spread
		1 - 4 T. fruit and/or vegetable
<b>SUPPLEMENT</b>		
4 - 6 fl. oz. Formula <sup>1</sup> or breast milk <sup>5,6</sup>	4 - 6 fl. oz. formula <sup>1</sup> or breast milk <sup>5,6</sup>	2 - 4 fl. oz. formula <sup>1</sup> , breast milk <sup>5,6</sup> , or fruit juice <sup>3</sup>
		0 - 1/2 bread or
		0 - 2 crackers (optional) <sup>4</sup>

<sup>1</sup> Shall be iron-fortified infant formula.

<sup>2</sup> Shall be iron-fortified dry infant cereal.

<sup>3</sup> Shall be full strength fruit juice.

<sup>4</sup> Shall be from whole-grain or enriched meal or flour.

<sup>5</sup> It is recommended that breast milk be served in place of formula from birth through 11 months.

<sup>6</sup> For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

#### Required Guidelines for Infant Meal Pattern

**Definition of Infant.** Any child less than 12 months of age.

**Definition of Infant Formula.** Infant formula defined by USDA is “any iron-fortified infant formula intended for dietary use as a sole source for food for normal healthy infants served in liquid state at manufacturer’s recommended dilution”.

**Infant Formula/Breast milk.** The decision regarding feeding infants breast milk or the type of infant formula is one for the infant’s doctor and parents/guardian to make together.

**Definition of Optional.** Optional foods must be served as each infant becomes developmentally ready for the specified foods.